

Preparation for MAI course.

I. PHYSICAL CONDITIONING

The Martial Arts program incorporates mental and physical fitness as well as strength, endurance, flexibility, coordination, and overall good health. As an MAI you will be required to lead this program from the front and this requires you to have the muscular strength to effectively handle your own body weight and have the endurance to move rapidly from one area to another without undue fatigue; always retaining the capability to perform the mission upon arrival at your destination.

Combat conditioning and fitness accounts for a large portion of the Martial Arts training, and has a enormous influence on total performance. Poor performance in physical fitness may have an adverse effect on an individual's overall ability to execute techniques and complete the course. More importantly, poor physical condition may lead to injury that could result in disenrollment from the course.

As a student at the Martial Arts Instructor Course, you will find yourself experiencing on a daily basis the reality of combat fitness. As such, it is important that you check in to this school in top physical condition. Those students who are content on reporting to the MAIC capable of performing only minimum standards on the PFT will find themselves falling behind. In addition to the requirement to be within Marine Corps height and weight standards you must be able to do more than the standard PFT type PT. This requires an individual who possess an equal amount of strength, endurance and flexibility. This balance between the three can be achieved following the program below prior to arrival at the course.

WARM UP

Essential to any course of physical training is a comprehensive warm-up and cool-down. A proper warm-up decreases the chances of injury by raising the muscle temperature, increasing blood flow, increasing tissue elasticity by stretching muscles and connective tissues, improves physical efficiency and prepares the body for work by raising the heart, metabolic and respiratory rates.

GUIDELINES FOR WARM-UP

1. Adopt a whole-body warm-up which raises the muscle and blood temperature, and which gradually increases heart-rate (light running is an example of this kind of activity).
2. Carefully stretch muscles and connective tissue. All the main joints should be worked by concentrating on any muscle groups to be used in the main activity. This will enhance FLEXIBILITY.
3. Use a related warm-up, so that any practice effect may be achieved simultaneously (going through the motions).
4. Warm-up should be suited to both the individual and the activity.
5. Your warm-up program should be a combination of intensity and duration without undue fatigue.
6. Avoid time-lag between warm-up and training.

STRENGTH TRAINING

Strength training is conducted by the use of both equipment and calisthenics. This includes the use of free weights, push-ups, pull-ups, rope climbing, confidence course, obstacle course, and fixed circuit course running. Rifle and log PT are also great substitutes for a gym workout. It should be noted that when working with free weights, avoid body building type exercises and ensure all muscle groups are targeted. The dead lift, clean and press, and squats are preferred weight training exercises.

ENDURANCE TRAINING

This is accomplished by running in boots and utilities over uneven ground with and without combat equipment and weapons. Running in boots is highly encouraged prior to attending the MAI course. When wearing boots, start with short distances and increase distance and intensity over time. Ensure your boots are broken-in and serviceable. Do not use combat boot pretenders that are actually, high top running shoes made to look like boots. These do not provide adequate ankle support for uneven ground running and will not hold up to the stress added when carrying heavy equipment. Replacing the insole of the boot with one designed for a running shoe is also recommended. Students should incorporate runs of various lengths, starting at 1.5-miles and increasing to 3-miles at least once a week to prepare for the MAI course. This will aid students when performing PT events such as the Obstacle Course, the Stamina Course (2.8-mile run with obstacles), Confidence Course and the Battle Course)."

Another facet of endurance training is water survival training. MAIs are encouraged to develop the highest levels of water survival proficiency.

COOL-DOWN

Most people appreciate the need to warm-up, but ignore the cool-down. When the period of exertion is over, many adaptations have to be made during the process of recovery before the body returns to normal. This recovery process will take some time, but the body can be helped in the very earliest stage to clear waste products and the general aftermath of exertion. The muscles which have been helping to pump the blood back to the heart are no longer active, and there is a build-up of pressure in the muscle that results in the accumulation of excess tissue fluid. This condition may result in stiffness or soreness. Generally, the adaptations which the body has to bring about in the recovery phase can be helped by mild rhythmic-type muscular activity, gradually decreasing in intensity, and some stretching until near resting state is reached. This also ensures maximum FLEXIBILITY.

MEDICAL NOTE

You need to start any training program gradually using a frequent but progressive approach to training. If you start to feel pain in your lower legs or feet, back off for a while and start back slower. Seek medical care, if necessary.

It is imperative that you arrive at the MAIC in good physical condition and within the Marine Corps' height and weight standards. Although your physical conditioning and physical appearance will improve as a result of the training you receive, this is not the time or place to "get in shape" or "lose weight". Also, if you have had a recent injury or repeated injuries, inform the chief instructor during in processing.

MARTIAL ARTS SUSTAINMENT TRAINING

One of the most important prerequisite for any student to attend the MAI course is to have a current certification as a belt user and as a NCO with a minimum belt level of gray belt. With this in mind, all students attending the course should ensure that they arrive at school proficient in all requirements of Tan and Gray belt. During the first week a review of current skill levels will be conducted by the students at the MAIC. Students who fail to show mastery may be subject to disenrollment as well as reduction in belt ranking.